

Advice and support for children/ young people.

<https://www.childline.org.uk/>
Online support for any child that needs someone to talk to.

<https://youngminds.org.uk/>

Online support for young people who may be struggling with every day issues.

<https://www.cruse.org.uk/>

Offer support around bereavement.

<https://www.kooth.com/>

Service for young people to get advice and

<https://www.hertssunflower.org/herts-sunflower.aspx>

Advice and support for anyone concerned around Domestic Abuse.

<https://annakaharris.com/mindfulness-for-children/>

Online activities for breathing and relaxation ,including visualisation recordings.

https://www.youtube.com/watch?v=Bk_qU7l-fcU

Stories for children to relax and meditate to.



If you know any useful websites or Apps please let me know on;

d.hansen@peartreespring.herts.sch.uk

Advice and support for Adults or over 18.

<https://www.livingwithadhd.co.uk/>
Information and online support on ADHD.

<https://youngminds.org.uk/>

Online support for parents of young people , who may be struggling with every day issues.

<https://www.cruse.org.uk/>

Offer support around bereavement.

<http://www.add-vance.org/>

Information and support around ADHD and Autism.

<https://www.hertsparentcarers.org.uk/>

Guidance and support For any one that is a carer within Hertfordshire.

<https://www.hertssunflower.org/herts-sunflower.aspx>

Advice and support for anyone concerned around Domestic Abuse.

https://www.youtube.com/watch?v=Bk_qU7l-fcU

Stories for children to relax and meditate to.



Alternatively contact Samaritans (24 hours a day)free on 116 123

Covering Stevenage, Aston, Bennington, Datchworth, Graveley, and Knebworth.

Who?

We are part of a Hertfordshire-wide partnership. This is so parents, carers, staff in Early Years settings, schools, further education, the Local Authority and other agencies can work together. Their aim is to ensure a wide range of provisions are available within the local community, and advice/support is there when you most need it. The main focus is:

- * Meeting the needs of children and young people with special educational needs and/or disabilities (SEND), aged 0-25.
- * Improving outcomes for wellbeing and attainment.
- * Offering more choice for children and parents/carers.
- * Removing barriers for learning and ensuring resources are used more effectively.

You all should have received the Parent / Carer survey by now, via your child / young persons school setting. We will be using your response, to provide vital feedback that will enable us to improve outcomes for children or young people with SEND.

If you would like further details about the service, please visit www.stevenagedspl.org.uk or alternatively look up our Social media Platforms such as Facebook .

What?

Why?

When?

Wellbeing Quote

**If you take that
small step you will
find something you
never had before**

COURAGE !

Do you have a quote
to share ?

Have your say!

Do you know of any organisation or group that may be useful for others?

Please email me on

d.hansen@peartreespring.herts.sch.uk



Some of the forthcoming events

3rd June – 9:30am to-12.00

Incredible Years Parent Group.

Is your child aged 8-11? Do you find your child's behaviour challenging and difficult ? Need advice & Support?

7th June - 10.00am to 12.00

Advance Course on ADHD & Autism.

This is a 6 week course for Parents/Carers.

20th June- 9am to 10.00am or

2.00pm to 3.00pm

Information for Year 6 Parents/ Carers

Are you a parent/ carer of a Year 6 child moving up to Secondary? Are you anxious or concerned about the transition? Then come along to an informal chat and get some helpful advice and support.